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Volume 99 No. 14

Renovation Will Provide Much-Needed Space

by Ryan Gillen
Staff Writer

Plans to renovate the engineering building received unanimous approval by the Coordinating Commission for Post-secondary Education (CCPE) Friday, Sept. 18.

Upon construction of the College of Information Science and Technology and College of Engineering building, space will become available in the existing engineering building.

"It gives us space to do things

we should have been doing," University Architect Dave Irvin said. "This proposal allows CPACS (College of Public Affairs and Community Service) to have a more permanent, centralized home on campus."

Because the \$11.5 million project will be funded entirely by state funds, the CCPE had to review the proposal before it is eligible to go before the Unicameral during the next legislative session.

"The proposal cleared a big hurdle passing the Coordinating Com-

mission," Irvin said, "What was unusual about this was there were no negative comments."

Facilities Coordinator Mike Wimhoff, staff member for the CCPE, helps to review capital construction projects before the commission votes on them.

"We liked the fact that it would consolidate the college, and we liked that it will renovate an old building and bring it up to standard with its instructional technologies," Wimhoff

said.

The first of two phases will require \$6.5 million from the state's 1999-2001 biannual budget.

In the first phase, which may begin by May 2000:

- Most of the first floor and a part of the second floor will be renovated to accommodate office space for criminal justice, gerontology, social work and the CPACS dean.

- Money will be allocated to up-

see **ENGINEERING**, page 6

Recent Numbers Say Parking Is Easier, Women Top The Ranks

by Jessie Calvert
Staff Writer

Still finding it difficult to find one of those valuable parking spots on campus? Statistically, it should be easier this year than last year. Enrollment at UNO is down from last year, 279 people, meaning 279 more parking spots are available.

Last years head count reached a high of 11,664 people (understand that this is before drops and adds). This year the numbers show only 11,385 students attending UNO.

The College of Arts and Sciences still tops the list with the highest enrollment at 3,083 students. While the

College of Fine Arts has the smallest enrollment with only 490 students.

Men greatly outnumber women in the College of Information Science and Technology, while women top the ranks in the College of Education.

Women outnumber men 5,979 to 5,406; 573 more women than men attending UNO.

The number of new freshmen this fall is 1,463, higher than 1997's fall of 1,438. The amount of adult part-time students is down from 4,525 in the fall of 1997 to 4,092 this semester.

Wade Robinson Ph.D., assistant

see **STATISTICS**, page 6

Get To Know Your Campus

Answer: You're looking at the Henningson Memorial Campanile, otherwise known as the clocktower, located east of the library.

Construction on the campanile began May 12, 1988. Just over a year later, it was dedicated May 18, 1989. The campanil, standing 168 feet high, was donated by Margre Henningson Durham in honor of her parents, Henning and Rose Henningson, and her sister Helen Henningson Grimes. It houses 47 bronze bells which can be played manually or electronically.

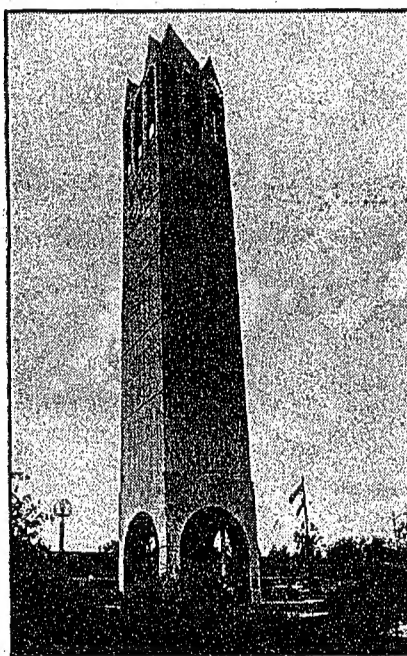


photo by Steve Houlton, photo editor

Check out Tuesday's issue for another campus challenge.

Inside check out "Health Matters," a special addition to your already-great Gateway.

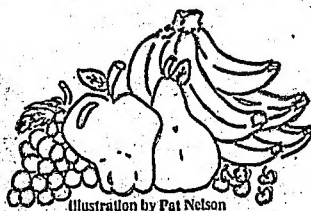


Illustration by Pat Nelson

UNMC Chancellor Candidates Down to Three

by Craig Perkins
News Editor

University of Nebraska President L. Dennis Smith has announced the three finalists for the position of chancellor of the University of Nebraska Medical Center (UNMC).

The three finalists are Barbara F. Atkinson, M.D., G. William Bates, M.D. and Harold M. Maurer, M.D..

Dr. Atkinson is dean of the MCP Hahnemann School of Medicine at the Allegheny University of the Health Sciences and executive vice president for Academic Affairs at Allegheny General Hospital in Philadelphia. Dr.

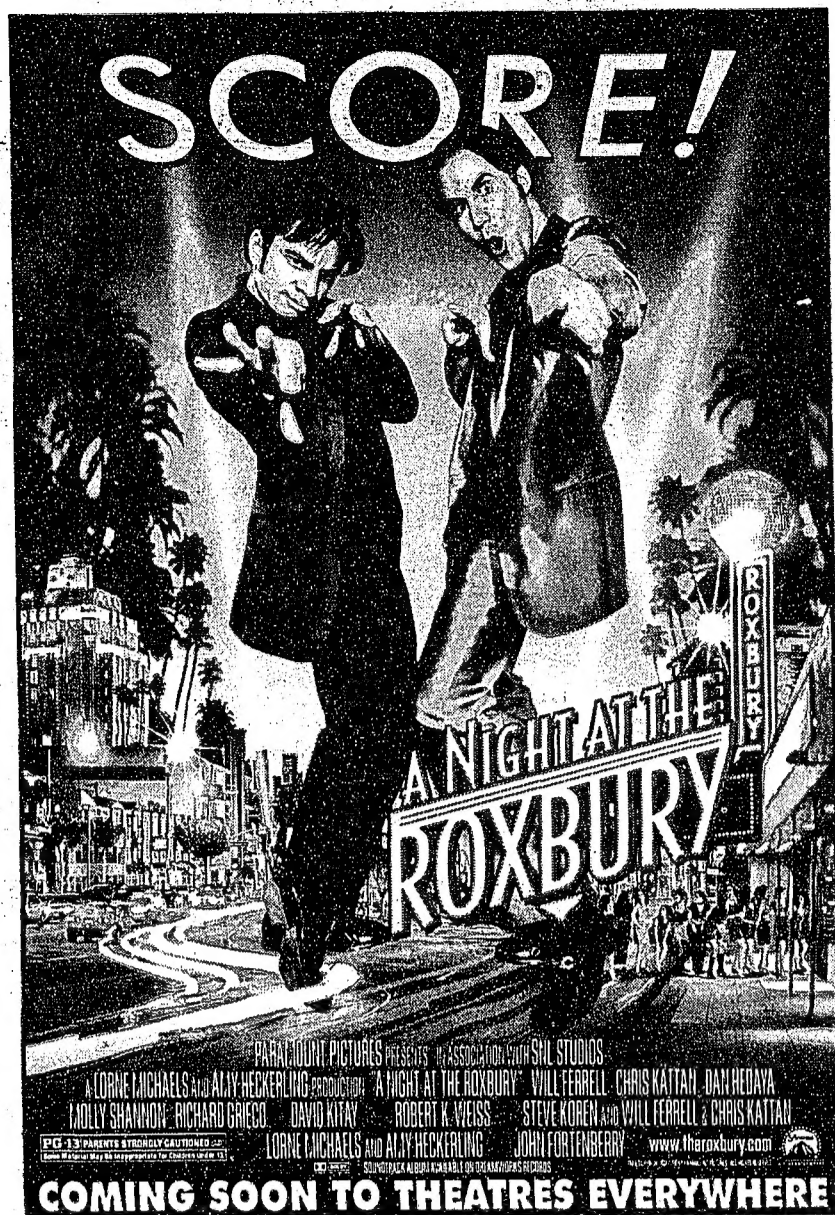
Atkinson received her bachelor's degree from the College of Wooster in Ohio and her medical degree from the Jefferson Medical College.

Dr. Bates is vice president of Vanderbilt Health Services and clinical professor of obstetrics and gynecology at Vanderbilt University Medical Center in Nashville. Dr. Bates received his bachelor's and medical degrees from the University of North Carolina-Chapel Hill where he was a Morehead Scholar. He received a master of business administration degree with an emphasis on Health Care Administration from the Massachusetts Institute of Technology.

Dr. Maurer has been dean of the College of Medicine and professor in the department of pediatrics at UNMC since 1993. Dr. Maurer received his bachelor's degree from New York University and his medical degree from the State University of New York-Brooklyn. He serves as chairman of the UNMC Faculty Council, Leadership Council and Board of Directors of Nebraska Health System.

The search committee considered more than 60 nominees and applicants for this position.

Forums for meeting the candidates individually will be held this week and Oct. 1 at UNMC.



UNO Library Gains Online Advantage

by Anthony Welsh
Staff Writer

Looking for a way to research material but don't have much time?

UNO has subscribed to a free on-line trial to the Encyclopedia Britannica and Grolier Multimedia Encyclopedia. This service is available to anyone with Internet access.

While on-line, students can look up information without fumbling through the library.

Encyclopedia Britannica on-line, provides fast easy access to text and illustrations as well as over 30,000 external links to other information sources on the Internet. This on-line service is continuously being updated and enhanced on a daily basis.

Grolier Multimedia Encyclopedia is included in this trial. It is similar to Encyclopedia Britannica.

"The only difference is the Grolier has two encyclopedias and Britannica has one," said John Reidelbach, chair of collections management in the UNO Library. "It's

like trying on two pairs of shoes, each person will have to decide which encyclopedia fits them best."

This service is available to all faculty, staff, and students to access from home, if they have an Internet provider.

Reidelbach is trying to get more input from students. If the students approve of the service, the university will buy it.

Cost of the service depends on student enrollment. Reidelbach estimates the cost at a few thousand dollars. The money would come from student technology fees. If that is not possible, Reidelbach said the school would try to get the money from donations.

"UNO is one of the few schools in the state that doesn't provide this service, and the only university in the state that doesn't have it," said Reidelbach. He encourages students and faculty to try the encyclopedias.

Encyclopedia Britannica and Grolier Multimedia Encyclopedia is available at the UNO Library until Oct. 15.

How are we doing?

Students, faculty and staff, let us know at *The Gateway* what you like this semester. What don't you like? We want to know! Your comments are always welcomed.

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Dating "Mrs. Robinson" Is Becoming The Norm

by Helen Evans
Staff Writer

The growing number of older women dating younger men is diminishing the taboo that age does make a difference.

The fictional personality, Stella, from author Terry McMillan's latest release, "How Stella Got Her Groove Back" highlights this type of relationship in major motion picture.

Actresses Elizabeth Taylor and Roseanne are only a few of the women in America that have chosen younger men as their love interests.

Young men in the prime of their lives are developing relationships, falling in love and sometimes marrying older, more mature women. Likewise, women of a more matured age are drawn to younger men because they are more in sync with their emotional and sexual needs and sexual desires.

According to a report in a 1995 issue of the *Los Angeles Times*, 23.5 percent of American women married younger men. For women age 35-44, this figure was higher at 41 percent.

The older woman generally seeks the younger male, who does not have to play the role of the "complete man" because in many cases, the woman is either a divorcee or is inclined to be more nurturing and indulging in relationships.

What then does the younger man see in the older woman?

Is it possible that he is seeking an older woman to mother him rather

than be his equal in a relationship?

A young man with aspirations and goals, who is lacking the means of achieving these aims, is likely to be attracted to a woman who is prestigious, glamorous, worldly and most importantly established.

The younger man also feels he can take on the initiating role whether it is concerning physical fulfillment or something simpler like attending a parent-teacher conference.

This growing trend is also becoming more noticeable across college campuses.

"I have dated a woman who was a couple years older than me," said UNO freshman Brian Crumoe. "The main reason was that she possessed a certain level of maturity that other girls my age didn't have. I've always surrounded myself with older people, so likely, I would want to date someone who has the similar level of maturity as me."

Another UNO student, sophomore Chris Smith said, "I wouldn't want to date anyone older than me. I know my family would think it was odd and I just don't see any reason why I would date someone my senior. I guess it is okay for others, but not for me."

From the female perspective, UNO junior Amy Jones said, "With the ratio of men to women already being unproportionate in favor of men, I would probably frown on younger men dating older women. I would wonder what it is that the older woman has that I don't have."

UNO Grad Speaks Out Against U.S. Government Act



photo by Chris Machlan, asst. photo editor

Sally Torpy spoke to approximately 100 people Tuesday.

Sally Torpy, a UNO masters graduate in history, spoke Tuesday about "Endangered Species: Native American Women's Struggle for Their Reproductive Rights and Racial Identity."

After being sterilized in government-run hospitals in the 1970s, thousands of American Indian women could no longer reproduce, according to

Torpy's thesis.

Torpy said American Indian women were coerced into sterilization, due to their reliance on federal-health care providers. A source of her research, a Government Accounting Office, reported sterilization occurred at Indian Health Service centers in N.M., Ariz., Okla. and S.D.

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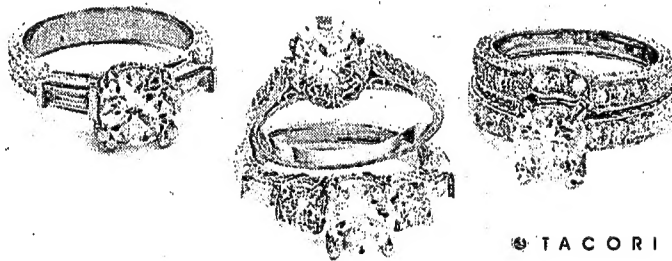
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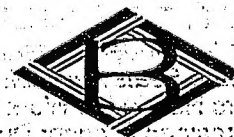
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Gateway Opinion

“How do they do that?”



I sat intently, waiting at a roundtable amongst fellow students and faculty members from the College of Business. I fingered through the day's paper, hoping to find something interesting to read, but really trying to look occupied while we waited.

I had been asked to attend a meeting with Senator Chuck Hagel (R-Nebraska) and Senator Kit Bond (R-Missouri). Both were very involved in the development and maintenance of commerce, particularly small business. The two seemed like a pea in a pod, (Hagel (R-Neb) more so since he wore a green blazer) Hagel, the junior member of the Senate, Bond (R-Mo) the senior mem-

ber. The differences between the gentlemen were slight, yet noticeable. Hagel (R-Neb.), nearly halfway through his first term, still hadn't adapted to the "Congressional lingo" that most of us are familiar with—the big words encompassing a long passage that waste both breath and time. He spoke like a scholar, intelligent nonetheless. Bond (R-Mo) had a bit of the South in him, and it was evident, from his demeanor of a "good 'ol boy", down to his clichés and humorous sayings. It seemed as though he had an endless supply to fill the empty pauses in between the questions we asked and the answers the senators supplied. Just like we the students, Hagel (R-Neb.) was still learning as well.

My impressions lie mainly in the view of our faculty from the College of Business. To say the least, they were outstanding. This is not a suck-up column, but more a reflection of those who are educating us. The questions were flying back and

forth. Faculty to senators, senators to faculty. One of my favorite professors, Dr. Adidam (all students should take International Marketing) was impressive with his world market knowledge. The students sat with mouths agape, hoping not to noticeably drool in front of our esteemed speakers. I could tell the specificity of the discussion soared well over the head of not only the students, but some of the faculty as well.

The Senators were a little taken aback, I believe, but appreciative of the worthy conversation that ensued. As talks ranged from small business loans in Nebraska to the ensuing Asian market crisis, clearly Hagel (R-Neb.) and Bond (R-Mo.) enjoyed the interaction. It was, of course, a far cry from the bingo hall during re-election time, where the questions are so simple, they are unanswerable (Can you cut my taxes).

The atmosphere was laid back, at least from my perspective. I didn't engage much in the discussion, aside

from a few nods and chuckles at the wise cracks from the senators. They even had a few stories about Alan Greenspan, the man who heads the Federal Reserve Board. This is the same guy, who with a few bold words, could cause the stock market to tailspin like a plane over the Bermuda Triangle (or so I've heard). Sen. Bond (R-Mo.) was discussing the nasty backspin Greenspan places on the ball when the two play tennis (picture Alan Greenspan in a little white tennis outfit). It was quite amusing.

I still wonder one thing about the senators—How in the world do they remember every bill that is currently sitting on Capitol Hill, in addition to the ones that are already on the books? A good staff? Maybe. One thing's for sure. Students should be glad we have such an excellent staff in the College of Business. Not only are they scholars, they are "common sense administrators", making classes all the more worthwhile.

Letter To The Editor

Dear Editor,

On Friday, Sept. 11, an editorial "Perils of the 'Improved' Food Court" by Sean Guilfoyle appeared. As manager of Food Services, I receive compliments, criticisms, suggestions and complaints about this department on a daily basis. Listening and responding to these customers has helped the department change to meet the demands of the diverse student population on campus. Our goal is to offer the widest variety, best quality and quickest service while maintaining reasonable pricing.

The editorial mentions that students would like to see several national brands (Burger King, Taco Bell, etc.) in the food court. Almost every year we look at the possibility of doing just that. One problem is these companies know that most students are only on campus during the 2 main semesters and only a few customers are here in the summer months or the holiday break in Dec. and Jan.

These companies can only exist if they can make a substantial profit. We just do not have the year round business that some campuses have to sustain most of the "nationally branded"

companies.

One other thing mentioned in the article was the lack of plastic gloves (work by employees who handle food) in the areas. Sanitation is very important to us as with every food establishment. Every six months or so the State Health Department inspects our operation to help us ensure that proper sanitation practices are being followed. One interesting thing, a surprise to most people, is the Health Department's recommendation that plastic gloves not be worn. Hand washing is still the best means of personal sanitation and they feel wearing gloves (unless they are changed every time a person handles a different product) gives employees a false sense of security. Gloves can be contaminated as easily as hands so we provide hand-washing sinks in every area of the food court and encourage all employees to use them.

Sincerely,

Mike Milone,
Manager, UNO Food Services

Your Voice Doesn't Count

Unless you write a letter to the Editor. Voice your opinion in *The Gateway*. We're on the first floor of the Milo Bail Student Center.

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Opinions expressed are not necessarily those of the University of Nebraska at Omaha or the NU Board of Regents. Opinions in signed columns and letters to the editor do not necessarily reflect the opinion of the Gateway staff or the Student Publications Committee.

Letters to the editor will be selected for publication on the basis of timeliness, clarity and available space. The editor reserves the right to edit all letters for publication. Letters must be signed using the writer's first and last names. Letters must include the writer's address and phone number for verification purposes only. Letters to the editor exceeding two typed pages will not be considered for publication.

Direct communications to: Gateway, UNO, South 60 and Dodge Streets, Omaha NE 68182. E-mail: editor@gateway.unomaha.edu

Gateway Opinion

A Journey Down The Aisle



Chapter 4: Closure

It was a relationship I could never explain. I have known him since the seventh grade and we truly are to totally different people. When we began talking to one another, my girlfriends asked "what could you two possibly have in common?" I never could answer that. All I know as something clicked between us and it lasted for nearly five years.

Bo and I had a true love/hate relationship. We never really knew what we were to each other, we just were. I now know he was my best friend. The kid knew me, he could look at me and

tell me what I was thinking, what I was having trouble with, and what I was going to do about it before I even knew myself. I knew him equally the same.

The last time I spoke to him was in March of 1994, one month before I meet my fiancée. We just hung up the phone one night and never spoke to each other again. I don't know why it happened, it just did. A couple of people have told me that the only reason Kris and I are still together is that Kris has not meet Bo. Kris doesn't seem to be too concerned about the prospect of meeting him.

Before Bo and I hung up the phone that night, we were having an argument over how well he knew me. He basically said that five years from March of 1994, I would be the same person and he could just jump back into my life right were he left off and have no problems catching up.

I recently gave him a chance to prove it. When I got engaged, I needed to find him. I soon found out that there was over 30 people in Omaha with the same name as him. I was more or less giving up before I ran into him on Friday night, on purpose of course. It was a short but sweet five minute conversation that basically answered all the questions I have had in the past four years.

I learned that he did look for me for awhile to find out how I was doing but gave up because I was constantly changing jobs. The last known place of employment he had for me was two years ago when I worked at Express. Who knows where he got that piece of information.

He is now basically married and is expecting another child in two weeks or so. He has turned out to be everything that I expected him to be and I probably turned out to be ev-

everything he expected. It was nice to hear his voice and catch up a little; but I think I have received closure at this point.

I wanted to invite him to the wedding, but I did not even get a chance to tell him of my engagement. He was so shocked to hear my voice that I think he would have been overwhelmed with the news. I do not regret the five years that we spent together as friends, but I think for the first time in the past nine years I will take my best friends advice and forget about him. Kris and I have a wonderful life ahead of us and I have plenty other people to share it with. I sought him out for closure before I got married and I found it, good-bye old friend.

"I don't see what the sign is for. There never was anywhere to park in the first place."



■ ENGINEERING

grade classrooms and to add a computer user lab.

- Radio and television broadcast areas will receive substantial mechanical upgrades.

"Other than it is necessary, it will be closer and easier for students to find and utilize resources. The criminal justice department has a lot of job postings for law enforcement," Student President/Regent Joey Sanchez said.

The remaining \$5 million will be requested from the 2001-2003 budget. In phase two:

- Office space will be allocated to the remaining members of CPACS—aviation, public affairs, and the Goodrich Program.

- The rest of the building will receive upgrades.

"The proposal is efficient in that UNO will demolish some of the old annexes that are not set up to teach effectively," Wimhoff said.

Irvin said the CCPE's recommendation will help to pass the proposal through the Unicameral; however, "if 413 passes, there is no way this project will happen," he said.

Constitutional Amendment 413 is a proposed tax lid which will cut spending on the state and local level which will affect university funding.

Wimhoff said his commission has not taken a stand on the amendment.

■ STATISTICS

vice-chancellor of student enrollment services, said there are many reasons for the drop in adult part-timers (always a large part of the UNO population). "Work and family conflicts are big reasons," said Robinson. "Job requirements and wanting to spend more time with the family."

Robinson said that often when the economy is good and people have better job with more responsibility school will get put off.

"Increased competition from non-traditional institutions of higher learning that offer classes in non-traditional formats such as Internet are a factor," Robinson said.

"Our students often take longer time frames to graduate," said Robinson.

Excited by the growth in new freshmen and traditional student coming straight from high-school and going full-time Robinson said, "We have less students taking more hours."

Robinson said, "I expect residence halls will be a very exciting change for this campus."

Overall, statistics show that the senior class is the largest with 2,626 students and first-time freshman are still the low man on the totem, with only 1,463 people.

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Arts & Leisure

Spring Ahead, Fall Back Into The Movie Season

by Brian Gummert
Staff Writer

By the time Labor Day has passed, film-goers are usually so hungry for darker fare after seeing countless event films, that pitch-black thrillers and horror films become the biggest grossers. Last fall's biggest hits included *I Know What You Did Last Summer*, *Devil's Advocate* and *The Game*. However, this summer's hits weren't all air popped action flicks. *Armageddon* and *Dr. Dolittle* were joined by the mean spirited *A Perfect Murder*, the surreal *Truman Show*, the barely lit *X-Files* with horror already present in *H2O* and *Blade*. Establishing release dates no longer seems pigeon held to a season. Alongside darker fare, this fall seems almost...cheery.

It then seems appropriate that it's

started off with two, small dramas that are both dark and uplifting.

Rounders (Miramax, Sept. 11) stars Matt Damon as a law student with a former gambling problem and Edward Norton as his ex-con friend. Shades of *Good Will Hunting* are present in Damon's card counting abilities as he begins to raise Norton out of debt.

Then, in *One True Thing* (Universal, Sept. 18), Renee Zellweger joins Academy Award winners William Hurt and Meryl Streep whose character is a homemaker slowly dying. Themes such as unwanted family ties, the father's adultery and how hard it is to be a housewife will likely make a satisfying, if only small, drama.

If you want to see the complete

See FALL FLICKS, page 8

Jon B., Destiny's Child Begin Tour In Omaha



photo courtesy of RONALD DOWNS

R&B artist Jon B.

by Helen Evans
Staff Writer

Author's opinion included

Two of R&B's hottest acts, Jon B. and Destiny's Child, kicked off their fall tour as they swept through the Omaha Civic Auditorium last Wednesday, for an amazing vocal and rhythmic concert.

With the audience on their feet, filled with excitement and adrenaline as they danced and jumped around anxiously, Destiny's Child smoothly glided onto the stage and fired up the crowd with their lead single "No No

No".

The four voices of Destiny's Child, LaTavia, Beyonce, Kelly and LeToya, embraced the true art of music making, often reaching the heart of soul music with their mature, in-depth lyrics.

"Our name, Destiny's Child, was formed after my mother opened the bible and came across a scripture about destiny," said LaTavia.

"We knew it was destiny that we become a musical group, however, there were already groups who had the name 'Destiny'. So, we added 'Child' and the name in full is representative of a rebirth of true soul music."

The members of Destiny's Child, ages 16 to 17, proclaim God gave them the gift of song and they demonstrated this impressive talent as they vocalized their four-part harmonies.

After Destiny's Child performed several songs from their self-titled debut CD, Jon B. seized the spotlight with his smooth and sensual style, and left the crowd begging for more.

Known to his family and close friends as Jonathan David Buck, 24-

See JON B., page 10

Check it out...

by C. Kasel
Arts & Leisure Editor



photo courtesy of Kermit Graber

Folk rock singer and songwriter Brenda Weiler

If you're looking for something to do this weekend, I've got a suggestion. Go check out Brenda Weiler at Stage Right, 16th St. & Harney, this Saturday night. This folk-rock singer has a style evocative of Ani DiFranco, Tracy Chapman, Sarah McLachlan and Melanie. I couldn't get enough of

her debut CD, "trickle down," last weekend. It's polished, slick and lyrical, but don't worry about it being syrupy, it has just enough anger to it to give it a palatable edge. It's the kind of music you nod your head to, smile and say, ohhhh yeaahh. For more information call Stage Right, 346-7675.

Gateway Music Review

by Brian Gummert
Staff Writer

Listening to *Dada* (self titled, MCA) is both enjoyable and a bit disappointing. It's an album that has these great, at times funny, lyrics ("Information Undertow" is an information satire and "Beautiful Turnback Time Machine" speaks for itself), but every once in a while, the music becomes generic.

The problem is that guitar rock isn't terribly inventive anymore, and even polishing it up with mixes doesn't make it ground breaking. "Baby Really Loves Me" and "Playboy in Outer space" are different enough so they get away with it, but "Where You're Going" doesn't know how to define itself. The rest of the songs fall somewhere in-between, and "The Ballad of Earl Grey and Chamomile" is flat out boring.

An extension of this problem occurs with the song's length. I think *Dada* was trying to reach a higher emotional intensity as the song went on.

Lead singer Mike Gurley doesn't have a growing consistency, an echo or enough deepness to his voice to make most of the songs peak. This could have likely been resolved by post-production altering, but it's more likely to play better on their next album because he seems on the right track with "Baby Really Loves Me."

The other reason that this doesn't play is that the vocals' importance diminish and the overbearing guitar rock takes over usually for the last two minutes, lessening the quality of the

See MUSIC, page 8

■ MUSIC

songs as they go on. **Two and a half stars.**

The Red Telephone's (also self titled, Warner Bros.) shares *Dada's* flaws too severely, but has few of it's virtues. The exception of the album is "You Framed Yourself" an energetic, but not overbearing guitar piece with systematically placed lyrics.

The first 30 seconds of most of the songs have you hoping for another "Framed," but what the song's have going for them quickly dissipate. What's played after this introduction is so basic, that I forgot the song immediately after hearing it.

Having lyrics seems to come out of obligation, so not too much heart is put in.

I have to admit that there is a real energy to *Red*. I imagine they're a good band to see live, but they should push for more contrast and speed on their recordings and read a Jim Morrison book or two. **One and a half stars.**

The Red Telephone's recording problems and *Dada's* slip into generic-sounding music are minor gripes compared to *Los de Abajo's* (Warner Bros.) latest album.

I realize that I can't judge this album to the greatest extent because the amount of Spanish that I retained from seven years of classes is about the level that the bee has on *The Simpsons*. All I know is that they say "hot" fairly often.

Mariachi and salsa music is great to hear live because of the energy that it possesses, but there isn't a trace of that apparent on the recording. The contrast and energy is diluted by sound that's always mixed on the same decibel.

I wish that they had taken the album to the same team who put together *Squirrel Nut Zippers'* last two albums. In those tracks, every instrument can be heard, and it's importance felt.

Abajo's recording is tiring in comparison. I think a great sound is created from several different sources, but *Abajo's* recording makes it seem as if it was conducted by a singular instrument and voice.

It's too bad because *Abajo* may not have fallen into some of the generic holes that *Dada* and *The Red Telephone* fell into had it a better recording. **One star.**

■ FALL FLICKS

opposite, *Rush Hour* (New Line) opens the same day. Chris Tucker matches Jackie Chan's martial swifts with fast-talking wit. The kidnapping plot is basic, but *Rush Hour* narrowly misses falling into clichés (the stock angry FBI captain isn't present, but he still seems cranky).

Competition comes quickly on

Sept. 25 with two thrillers, the Robert De Niro driven *Ronin* (United Artists) and the *Scream*-like horror flick, *Urban Legend* (Columbia). Whereas *Rush Hour* has good buzz, *Ronin* and *Legend* are mixed.

Ronin, about a group of mean-spirited former terrorists and intelligence experts, has been consistently bumped back from a high profile November release.

Legend was moved from Halloween either because of a poor test screening or because of too much horror competition.

The fact that fall ended up becoming such a happy place might be a fluke due to a few high profile films finishing either ahead of behind schedule.

When Dreamworks' *Antz* (Oct. 2) could be finished in time to beat Disney's *A Bug's Life*, fall became family friendly over a pissing contest. Whenever there are competing films with similar subject matter (both are about ants at war and are computer animated), the first one usually ends up being the more successful.

Disney, famous not to be undone, is releasing *Holy Man* a week after *Antz* instead of at Christmas. Eddie Murphy plays a mystical man who starts selling items on a home shopping network. Having Morgan Fairchild being electrocuted by an instant face lift device already has audiences cracking up during the pre-

views.

What Dreams May Come (Polygram, Oct. 2) has become such a big (and late) production that it's budget has climbed to \$85 million (*Men in Black* didn't cost that much). The Robin William's film, based on Richard Matheson's novel which in turn is based on *Divine Comedy*, is about a man's search throughout the afterlife for his wife.

Soldier's (Warner Bros., Oct. 23) shooting schedule was pushed back to accommodate Kurt Russell spending a year to get into shape for his role as a 21st century trained warrior who is now past his prime. Boasting a script from Academy Award winning writer David Webb Peoples (*Unforgiven*), the sci-fi western is said to have an amazing visual look with a tight story.

Pleasantville (New Line, Oct. 16) took a year and a half of post-production computer effects for Gary Ross's directorial debut (he wrote *Dave* and *Big*). Two teenagers (Tobey Maguire and Reese Witherspoon) are sucked into a 1950s black & white sitcom. When the residents (including Joan Allen, Jeff Daniels and William H. Macy) lose their innocence experiencing pleasures of the real world, they turn from shades of gray into color. The movie's feel good nature is being compared to *Forrest Gump* and *The Shawshank Redemption*.

Come and enjoy the sounds of Jamaica with this 8 person reggae band!

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MBSC Plaza

(rain location Nebraska Room)



Gateway Sports

Improved Defense Hopes To Benefit Mavs On The Road



Mav defensive end Chris Cooper (center) smashes into North Dakota State quarterback Kevin Feeney (left) just as he releases the ball. Fellow Maverick Terrell Spears (right) watches the hit.

by Helen Evans
Staff Writer

The Mavs hurdle into the No. 18 spot in Division II ratings after last week's victory over the North Dakota State Bison.

According to the Top 20, which was updated Monday, UNO was tied for the No. 18 spot.

Some of the Mavs commented on their outlook for Saturday evening's game.

MarTay Jenkins, a team captain said, "For one, it's going to be a little difficult with the weather change. We have been playing in the heat for the past couple of weeks. The weather is cooler now, but fortunately, we will be playing inside a dome. However, I still anticipate some difficulty adjusting to the heat in the dome."

Although the Mavs have not been preparing any special game plan for their rivals, they have another strategy for winning the game.

Jenkins said that the team will be spending time in the next few practices watching films of South Dakota's team.

"It is key that we get to know our opponent," said Jenkins.

"This way we can identify their weaknesses by finding the glitches in

their game plays. Checking out their most vulnerable areas, whether they are outside or inside the field, we are able to see how the other team plays and best prepare."

Terrell Spears, linebacker for the Mavs said, "Our defense is constantly improving and becoming a stronger unit in our team.

"We basically have to go out there and execute the plays." Overall, I feel that we are ready to go out there and play a good game on Saturday."

Jenkins said, "We basically have to go out there and execute the plays. Keeping the momentum going is also

what will play a determining factor for securing the win."

Get The Scoop

Who: UNO Mavs vs. South Dakota Coyotes

When: Sept. 26 at 6 p.m.

Where: Dakota Dome in Vermillion, S.D.

Key Stat: UNO allows 1.9 yards per carry

Lady Mavs Head North



photo by Chris Machian, asst. photo editor

Kim Christensen spikes the ball at the opposition during a rare home game.

by Andy Nordmeier
Sports Editor

The Lady Mav volleyball team continues its month-long road trip with another pair of North Central Conference (NCC) games this weekend in North Dakota.

The Lady Mavs are trying to rebound from a pair of five-game losses last weekend against nationally ranked teams, Augustana and South Dakota State.

"We feel after our matches with Augustana and South Dakota State we need to improve our defense," Lady Mav Head Volleyball Coach Rose Shires said. "We've been working on that this week in practice. Working on our mental toughness and being able to complete matches."

That refers back to the fact the Lady Mavs lost both matches after being ahead or tied in the fifth game against both of last weekend's opponents.

This weekend isn't that much easier as the Lady Mavs travel to North Dakota to take on North Dakota tonight before colliding with the No. 5 team in the country, North Dakota State, Saturday night.

Tonight's opponent, North Dakota, has been on a slide as of late as they have dropped their last four matches and are 3-7 overall and winless in three conference games as well. Last year, North Dakota finished last in the NCC with a 10-24 mark and were 2-16 in the conference.

"This team is playing, I think, the best they've played in many years," Shires said. "They started off the conference with tough schools so they know what it'll be like to play at this

"This team is playing, I think, the best they've played in many years. They started off the conference with tough schools so they know what it'll be like to play at this level."

Rose Shires, head volleyball coach



photo by Steve Houlton, photo editor

Lady Mav volleyball player Jamie Shafer serves up another ball. The Lady Mavs return home next weekend to play conference rivals Morningside and South Dakota.

level."

North Dakota State has been on a tear as of late. They are 12-2 on the season and are 2-1 in the NCC. They had won nine in a row before dropping a five-game match to Mankato State University. North Dakota State returns most of their players from last year's team that went 27-7 and finished third in conference at 14-4.

"We have to look at both matches separately," Shires said, "we're going in to win both matches."

Up next for the Lady Mavs is the last road game before the team returns home when they play Wayne State Tuesday night.

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■ JON B.

year-old Jon B. was exposed to music at an early age. His mother is a concert pianist and his father a music professor. His grandparents own a small record shop in Rhode Island which is much like Leola's Records and Tapes said Jon B.

He performed various songs from his new CD, "Cool Relax," including "Don't Say," "Whatcha Say Boo," "Tu Amor," and the cool and sexy single "Can We Get Down."

He reached out and touched the hearts of the audience when he paused in the middle of the concert: red-tinted lights illuminated the stage as he recounted the somber story of how he met Tupac Shakur just two weeks before the young rap artist was killed in Las Vegas.

"I can't believe how quickly we clicked right after we met and recorded 'R U Still Down' in a three-hour time span," said Jon B. "To this day, I often wonder why God allowed me to meet him. I know that I will never forget him. His music has and will continue to make an impact on not only my writing style, but also the realism presented in my music."

Before devoting the majority of his time to the production and recording his own music, Jon B. previously spent a great deal of time behind the scenes, where he produced and directed music for such artists as Toni Braxton, Babyface Edmonds, AzYet, Color Me Badd and After 7.

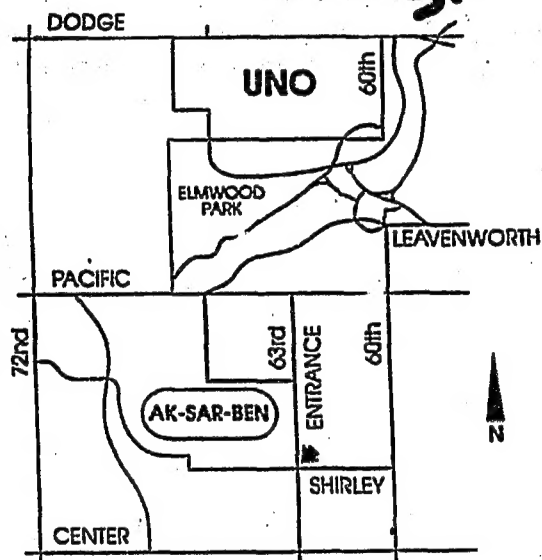
"It's my turn to get out there and move the crowd," said Jon B. "Now I want to give the audience a little taste of my music with my vocals."

"I know God is using my musical talent to send out a message to my fans," Jon B. said. "My music is not about a lot of the bulls... that the media hypes it up to be, regarding racial indifference and ignorance. If anything, I want to send out the message that racial and cultural differences should be viewed as a way for us to recognize our uniqueness and diversity and learn to respect one another."

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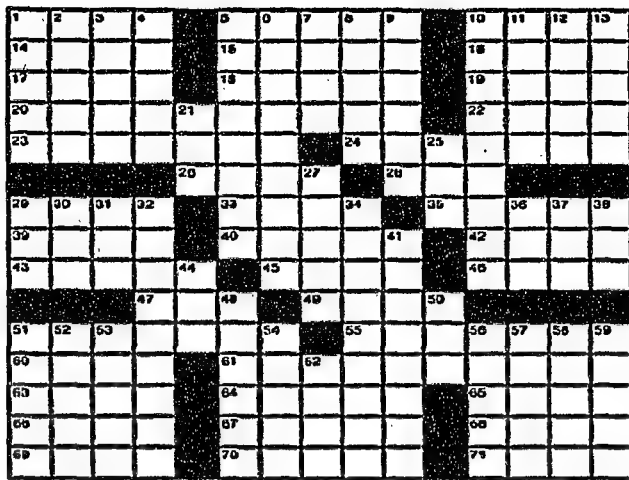
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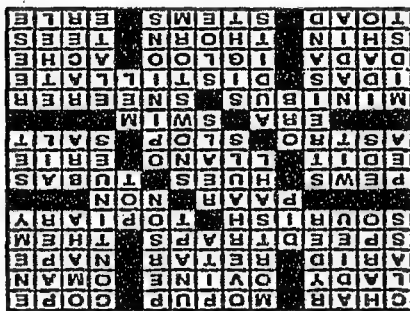
- ACROSS**
- 1 Burn slightly
 - 5 Tidy loose ends
 - 10 Strive
 - 14 Gentlewoman
 - 15 Of sheep
 - 16 Arabian sultanate
 - 17 Parched
 - 18 Patch road again
 - 19 Back of the neck
 - 20 Slow zones
 - 22 Those people
 - 23 Somewhat tangy
 - 24 Shrub sculpture
 - 26 Host before Carson
 - 28 Sequitur
 - 29 Sunday seats
 - 33 Color shades
 - 35 Large horns
 - 39 Cut and splice
 - 40 Argentine plain
 - 42 A Great Lake
 - 43 Outer space: pref.
 - 45 Splash liquid
 - 46 Preservative
 - 47 Segment of history
 - 49 Do the crawl
 - 51 Rental-car shuttle, e.g.
 - 55 Lip-curler
 - 60 Lupinó and Tarbell
 - 61 Liquid condensed from vapor
 - 63 Avant-garde art movement
 - 64 Icy abode
 - 65 Painful throb
 - 66 Front of the call
 - 67 Woody spine
 - 68 Golf bag items
 - 69 Loathsome person
 - 70 Flower holders
 - 71 First name in mysteries
- DOWN**
- 1 Social stratum
 - 2 Marx brother
 - 3 French farewell
 - 4 Golf's Cup



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10/2/98

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Intramural Standings for the week of February 9-February 15

3x3 BASKETBALL

	W	L	T	F
Open League				
Stegies	0	1	0	1
Headhunters	1	0	0	0
Showtime	2	0	0	0
Milk Monkey's	1	0	1	0
Free Agents	0	2	0	2

4x4 SAND VOLLEYBALL

	W	L	T	F
Open League				
Sandstorm	2	0	0	0
Red Hot	2	0	0	0
Free Agents 2	1	1	0	0
Free Agents	1	1	0	1
No-Names	0	1	0	0
Richard Craniums	0	1	0	1
Alpha Xi Delta A	0	2	0	0

7x7 FLAG FOOTBALL

	W	L	T	F
Wednesday Fraternity "A" League				
Vet Grapplers	3	0	0	0
Sig Ep	2	1	0	0
Theta Chi	1	1	0	0
Pike	0	2	0	0
Lambda Chi	0	3	0	0
CBG's	2	0	0	0

7x7 FLAG FOOTBALL

	W	L	T	F
Sunday A League				
Riders	2	0	0	0
BRB	1	1	0	0
Bad Boys	1	1	0	0
No Limit	0	1	0	0
Frankie N Da Pimps	0	1	0	0

	W	L	T	F
Sunday B League-Blue Pool				
The Big U	2	0	0	0
Rookie Grapplers	1	0	0	0
Tritons	1	1	0	0
A.L.A.S.	1	1	0	1
Wet N Slippery	1	1	0	1
Cape Crusaders	0	1	0	0
Millard Mafia	0	2	0	0

OUTDOOR TENNIS

	W	L	T	F
Men's League				
Rodrigo Medina	3	0	0	0
Troy Richard	2	1	0	0
Binbly	0	3	0	1
Doug Peters	0	3	0	3
Women's League				
Mirela Coric	2	0	0	0
Akiko Yoshikawa	2	1	0	0
Renee Larsen	0	1	0	0
Teneha Patterson	0	2	0	0

Sunday B League-Yellow Pool

	W	L	T	F
Blitzes	2	0	0	0
The \$3 Ringers	2	0	0	0
The Coffee Can Kids	1	0	0	0
Sig Ep Pledges	1	0	0	0
Red Hot 2	0	1	0	0
Red Hot	0	2	0	0
Alpha Xi	0	2	0	0

Wednesday "B" League

	W	L	T	F
Shepherders	3	0	0	0
House of Pain	2	1	0	0
Pike Pledges	2	1	0	0
Psych-Outs	1	2	0	0
Pike Z	1	2	0	1
Stauss Parkj	0	3	0	0

SPECIAL EVENTS

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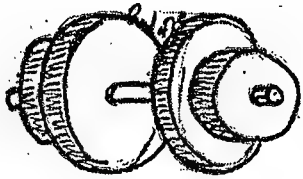
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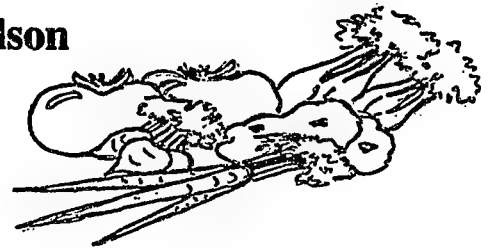
An Advertising Supplement to *The Gateway*

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Take Charge Of Your Health At UNO's Health And Wellness Week

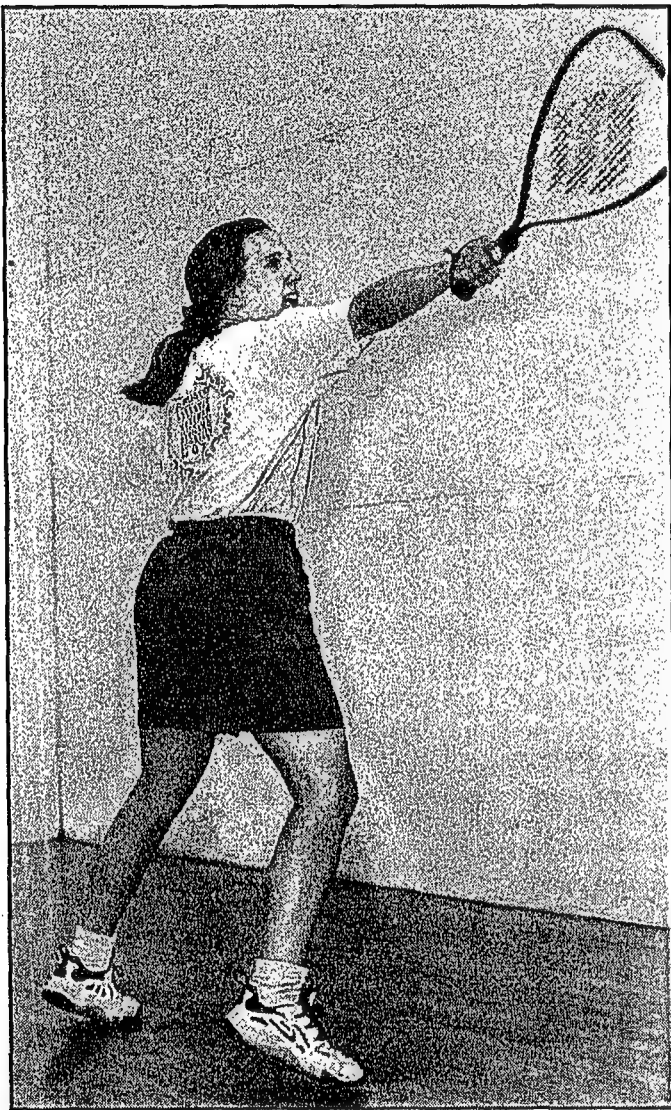


photo by Steve Houlton, photo editor

Exercise Made Easy



Opt for a scenic adventure. Take a jog around UNO's parameters. Just how far is it?

Find out on page 8.

This year's second annual Health and Wellness Week has a different twist—it's not just for women.

Last year it was called Women's Health and Wellness Week, but this year all students, faculty and staff are invited to participate in UNO's Health and Wellness Week, Sept. 29 to Oct. 1.

The Health Fair on Thursday will offer something for everyone, with over 25 educational exhibits, 15 health screenings, a noon-hour lecture series and door prizes.

"We definitely want to increase awareness about individuals taking responsibility for their own health and provide some education to help them do that," said Joann Eickhoff-Shemek, chairperson of the Health and Wellness Week Committee.

"We are offering such excellent screenings," Eickhoff-Shemek said.

Tests range from blood sugar to bone density, and are either free or have a very low fee. Five to ten dollars is nothing compared to what you would pay if the doctor ordered the same tests.

Eickhoff-Shemek said another purpose of Health and Wellness Week is to make people aware of the good things UNO has to offer students and employees.

To increase attendance at all the events is our goal, Eickhoff-Shemek said. "Events like Health and Wellness Week take a few years to get up and running and visible with good participation," Eickhoff-Shemek said.

This year the planning committee has been working hard to promote the event. The week prior to Health and Wellness Week, it set up a table

in the Milo Bail Student Center to get people registered.

Pre-registration is required for some of the events. Monday is the deadline to register for the keynote luncheon given by Ed Dominguez M.D. and people can register for the health

"We definitely want to increase awareness about individuals taking responsibility for their own health."

Joann Eickhoff-Shemek

screenings through Thursday.

"Hopefully we'll get people excited about maybe taking the next step—you know getting involved and making a change in their life," Eickhoff-Shemek said.

The event is sponsored by the Chancellor's Commission on the Status of Women (CCSW), School of HPER and UNO Health Services. Members from each of these organizations coordinated the event and helped to generate funds. The Women's Resource Center, Campus Recreation, CCSW and Panhellenic are cash contributors.

Members of the planning committee include: Cathy Pettid of the UNO Counseling Center, Cynthia Madden, coordinator of Sponsored Projects, Jan Keuchel, UNO Health Services, Susan Pendleton, assistant professor in the communication department, Kathy Deja, graduate assistant in the School of HPER, Doug Gray, graduate student in the School of HPER, and Jan Collins, assistant professor in the School of HPER.

Dominguez's Lecture Sure Not To Tire

Tired of no solutions for being tired? If so, sign-up for the keynote luncheon and hear Ed Dominguez M.D. talk about how to prevent fatigue.

Fatigue can be an indication of a serious illness, or it can simply be a sign for the body to slow down. Diagnosing and treating fatigue is difficult as well as costly, thus, prevention is preferable.

Dr. Dominguez, a native of San Antonio, Texas, is an associate professor of internal medicine/infectious diseases at

the University of Nebraska Medical Center. He earned his undergraduate degree from Rice University and his medical degree from Baylor College of Medicine-Houston.

His name appears in the book "The Best Doctors in America: Central Region."

His lecture, "Malaise and Maladies: The Faces of Fatigue", will take place Thursday, Oct. 1 at noon in the Milo Bail Student Center Ballroom. The luncheon is \$5. Pre-register by Monday, Sept. 28 at UNO Health Services.

No Bones About It, Bones: A Worthwhile Investment

Researchers from the Olsen Center for Women's Health at the University of Nebraska Medical Center will be packing up a new portable osteoporosis screening machine for the first time when they come to the UNO Health Fair.

Don't conclude too quickly that osteoporosis is an older person's concern, because David Baldwin, Ph.D., director of the Olsen Center and professor of obstetrics and gynecology, said now is the time for young people to stock up on bone.

"Bone mass reaches its peak about 30 years of age, and obviously if you don't have a lot of money in the bank so to speak you are going to run out quicker," Dr. Baldwin said. "After that time, bone is continuously drained until the end of your life."

Dr. Baldwin is hoping to use the Lunar Achilles + Ultra-sonic Bone Densitometer primarily for detecting those who are at risk early, so that preventative measures can be taken.

The test is fast, simple and painless.

"All you have to do is sit down, take off your sock and put your foot into a small compartment that fills with warm water," Dr. Baldwin said. "You can complete the whole thing within four minutes."

An ultrasound wave is sent through the bone of the heel and the physical properties of the bone alter the shape and speed of the sound wave. A computer collects the data, calculates the "stiffness index" and then generates a printout, which shows how a person's results compare to an age-matched group and to a 20 year old.

Osteoporosis has no single cause.

Obviously the risk is much greater for women, but as more people are living into old age, the conditioning is affecting more men.

Conditions that result in low estrogen levels including menopause, late onset of puberty, ammenorrhea and

athletic ammenorrhea (menstrual cessation due to excessive exercise) and eating disorders put women at a greater risk because estrogen plays an important role in preventing bone loss. Estrogen is stored in fat cells, so not enough body fat offsets the balance of female hormones and, consequently, bone metabolism.

"Heavy smokers will more than likely have a lower bone mass than a non-smoker," Dr. Baldwin said. But often times, he said, other factors play a role. Many smokers tend to be heavy coffee drinkers and a high caffeine intake will also enhance bone loss.

Drinking at least one alcoholic beverage each day, inadequate calcium intake, a sedentary lifestyle, and a genetic predisposition are all contributing factors.

Many of these risk factors can be turned around simply by making lifestyle changes. Preventative practices can help to build up deposits in the bone bank.

"Through regular exercise—especially weight-bearing exercise—and a balanced diet you can enhance the building of

bone mass building through the age of 30," Dr. Baldwin said. These healthy habits can also help to slow down bone loss after 30.

A diet rich in calcium is crucial for bone health, so it is a concern that most American women intake only one-third to one-half of the calcium they need. Dr. Baldwin said it's wise to go ahead and supplement. About 1200 to 1500 mg of calcium per day is recommended for those ages 11 to 24.

"I think this screening mechanism will probably have as big an impact as screening by mammography did for breast cancer," Dr. Baldwin said. I hope that's not an overstatement, but I really do think it's going to make a huge impact." He said the mobility of the Lunar will provide many opportunities to educate.

For just five dollars, the Lunar test will inform students on how much bone they have saved and how much investing they need to do so that they will have plenty of bone mass to withdraw from in the future.

Olsen Bone Density Center

Osteoporosis is a gradual process and one that can be prevented.

The Olsen Bone Density Center at Nebraska Health System offers a comprehensive screening evaluation for osteoporosis risk, which includes:

- Measurement of bone density using state of the art ultrasound technology
- Evaluation of family and past personal medical history
- Determination of lifestyle risk factors

Following the evaluation, women are provided with their results and a plan is established for lifestyle changes.

For more information and for an appointment, contact Ann Miller-Bode, MSN, ARNP, 402-559-4212.



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<http://www.unmc.edu/olsen>

NEBRASKA
HEALTH SYSTEM
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MEDICAL CENTER

Dispelling The Myths

I do not drink, smoke, or use marijuana—and I'm not alone. In fact, 62 percent of UNO students have not binge-drunk in the past two weeks, 70 percent do not use tobacco, and 79 percent do not use marijuana, according to Jeff Kuhr, principle investigator of an ongoing research project conducted at UNO.

However, the popular perception is that these practices are part of the whole college picture.

In the study, students were asked to answer none, a few, several, many, most or all to questions pertaining to how many of their peers they think use alcohol, tobacco, and marijuana.

The results were as follows:

- 85 percent of students believe that many, most or all UNO students use tobacco.
- 59 percent of students feel most UNO students use alcohol
- 90 percent think many, most or all UNO students use marijuana.

The belief that "everybody is doing it" can be a problem.

Kuhr said that research has shown a positive correlation

between perception and use.

"So if I perceive everybody else as doing it, than I am probably going to do it too," Kuhr said. That is called the false consensus theory, which means people believe that the majority of a population is participating in a behavior when in reality only a few participate.

This suggests that maybe the negative numbers shouldn't get so much publicity.

"We just want to use the positive numbers in our new campaign," Kuhr said.

So when you have to make a choice—Wow, should I binge drink? You can base your choice on the fact that no, not everyone is doing it rather than everyone is doing it but me.

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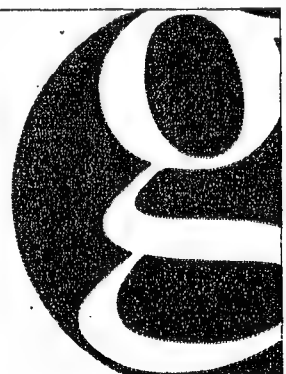
Carol of
Bellevue
lost 50
lbs.

Results
not
typical



new look
same great taste
same

www.gateway.unomaha.edu



Want to write for *The Gateway*? Here's your chance.

Those seriously interested can call Wendy at 554-2352.

Change Your Health, Change The Oil



Do you change your oil? Chances are, I probably just reminded you. It's just another chore that many people put off, but changing the oil is necessary for cars to run efficiently.

Our bodies need maintenance just like our cars do, however, Jiffy

Lube can't do it for us. Taking care of yourself is a big job and probably the most important one you have. Good health is necessary for most jobs and it certainly makes getting through college easier.

So why then is it so hard to eat good, exercise, get plenty of sleep, manage stress and even floss our teeth? Health is not our only responsibility. School, family, and

work all take up time.

By now everyone knows what is bad for them. The trick is to do what is good under time and financial constraints.

Just making small changes can make a big difference. Mary Watson, my nutrition instructor at UNO, said she knew a woman who dropped 15 pounds in one year. She was aware of only one change she had made which was she simply

"stopped adding those little creamers deals to her coffee." Change is not easy, but it's worth it.

Healthy lifestyles can not only make you feel better now, they are also a powerful preventive tool. Figure out what your risk factors are. Does diabetes run in your family? Take steps now to outsmart the disease.

Sometimes leading a healthy lifestyle isn't always "cool." Some

people still don't understand why I choose not to intoxicate my body with alcohol every weekend. It's simply because I value my health. People sometimes treat their bodies as if they can go purchase another, like the car that died because the oil wasn't changed.

If you haven't changed your oil for a while maybe you should think about it.

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RED CROSS BLOOD DRIVE

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For appt. call 571-1230

Sponsored by the Interfraternity Council

HEALTH & WELLNESS WEEK Sept. 29 - Oct. 1

Sponsored by the Chancellor's Commission on the Status of Women, School of Health, Physical Education and Recreation and Health Services.

All Students, Faculty, & Staff Invited - Door Prizes at all Events

Kickoff Walk Around Campus with Chancellor Belck

Tuesday, Sept. 29 at 11 am

Meet at Milo Ball Student Center Plaza (If raining, meet at the Sapp Fieldhouse.)

NOON-HOUR LECTURE SERIES

Milo Ball Student Center, Gallery Room (3rd Floor), Noon to 1 pm
Bring your lunch and join in!

Tues., Sept. 29 -- "The Skinny of Weight Loss,"

Dr. Kris Berg, Prof., HPER

Wed., Sept. 30 -- "But...I don't have Time to Exercise,"

Dr. Micki Austin, Asst. Prof., HPER

Thurs., Oct. 1, Noon - 1 pm. MBSC Ballroom

KEYNOTE LUNCHEON SPEAKER - DR. ED DOMINGUEZ

Channel 7's HealthWatch Doctor speaking on

"Malaise and Maladies: The Faces of Fatigue"

Preregistration and \$5 fee due by Monday, Sept. 28, 10 am at HPER 207

HEALTH FAIR

Thursday, Oct. 1, 8:30 am - 11:30 am

Milo Ball Student Center, Aksarben and Nebraska Rooms

Screenings Offered that require preregistration and payment:

Call 554-2374 for appointments, Limited times available.

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Fasting Cholesterol Profile, total cholesterol, HDL, LDL, Triglycerides, TC/HDL ratio, \$8
PSA, prostate, \$12 • Thyroid (TSH), \$10
Fasting Cholesterol Profile plus Glucose, \$12
Basic Health Screen, Urine analysis, CBC, Hemoglobin & Blood Glucose, Fasting preferred, \$7
Tetanus Booster, \$4 • Flu Shot, \$10 • Colorectal Screen, \$7
UNMC Osteoporosis Screening, Heel Ultrasound, \$5
UNO Hearing Screening, FREE

Additional Screenings and Educational Exhibits

UNO Nutritional Science and Dietetics
Vision Screening, Offutt AFB Hospital
NHS Eating Disorders Clinic
HIV/AIDS Testing, Douglas Co. Health Dept.
UNO Women's Resource Center
UNO Alcohol/Drug Education
UNMC Olson Center for Women's Health
Biofeedback, UNO School of HPER
United Health Care
Rice Assurance (Student health insurance)
Height, Weight, & Blood pressure screening,
Methodist Student Nurses

UNO Counseling Services
YWCA of Omaha
Fitness Testing, UNO School of HPER
UNO Chancellor's Commission on the Status of Women
UNO Child Care Center
UNO Campus Recreation
UNO Panhellenic
Blue Cross/ Blue Shield
Massage, Universal Center of Healing Arts
Brentwood Dental Group
STD/HIV Education, Douglas County Health Dept.

University of Nebraska at Omaha Counseling Center

The UNO Counseling Center provides short-term personal counseling services for all students, faculty and staff of the University. A number of services are available through the Counseling Center that can help with those difficult life circumstances or day to day responsibilities which can be so distracting. Visits to the counseling center and the contents of counseling sessions are strictly confidential. The Counseling Center is staffed by certified, professional counselors and Graduate Assistants. Each staff member is dedicated and trained to provide support and encourage people toward success.

**For more information call
554-2409**

Back to the Basics

Eating a well-balanced diet is possible even with a busy schedule and a tight budget.

No time, no money, no food. It's the college student blues.

Eating a well-balanced diet under this curse may seem impossible.

However, there are ways for students to meet their nutritional requirements without spending a fortune and giving up the convenience of the drive-thru. But first, students must find out where they are falling short.

Mary Watson, nutrition instructor at UNO, said her students kept food diaries that revealed "they are missing a lot of their nutrients—vitamins A and C and calcium. In general, this means their diets are lacking in fruits, vegetables, and dairy products."

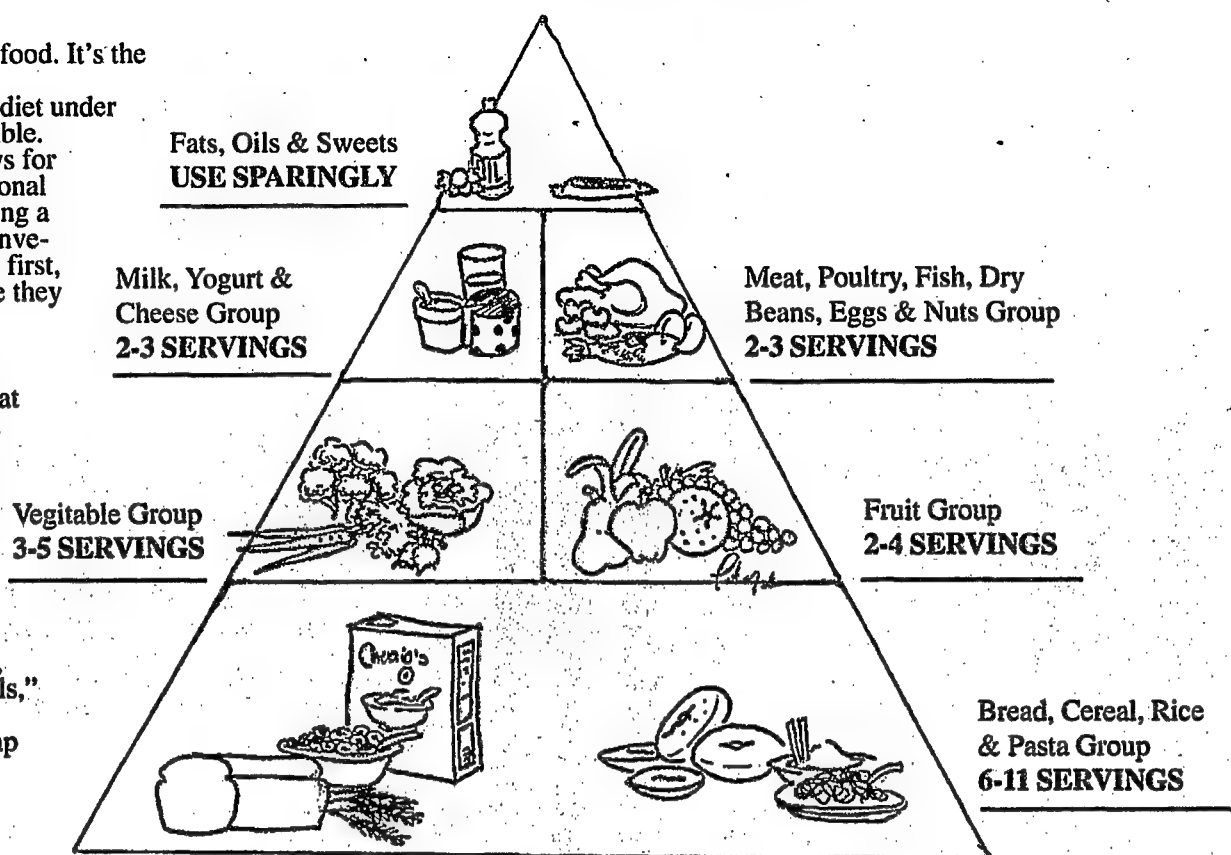
"I think students tend to do a pretty good job getting their breads—cereal, rice, pasta, and a lot of bagels," Watson said.

Carbohydrates are cheap and convenient, however, students should strive to follow the Food Guide Pyramid, which incorporates the foundations of a healthy diet: balance, variety and moderation.

Watson said to "create a balance" or build the food pyramid by selecting foods from each of the five food groups and work variety into each of these groups.

Variety is the key to success of the guide, because each food provides different nutrients.

Try to find new ways to work different foods into your diet. Buy different flavors and brands. If you always buy Cheerios try Frosted Mini Wheats. Stuck on chicken rice soup? Buy vegetable beef.



Put your diet into perspective using the USDA's Food Guide Pyramid. It displays the five food groups as well as the recommended daily servings.

Moderation simply means not over consuming or under consuming a particular food. Over consumption of fat, particularly saturated fat, contributes to heart disease and cancer, which are major killers in America. Although, Watson said that under consumption of particular nutrients can be just as detrimental. "People look at calories and fat but what about beneficial nutri-

ents—vitamins A and C, calcium, iron, protein, fiber, carbohydrates—those are just as important as the negative," Watson said.

Shift the emphasis to what's good in food. Ask yourself what nutrients am I getting from this? Look at how foods fit into the big picture of your diet.

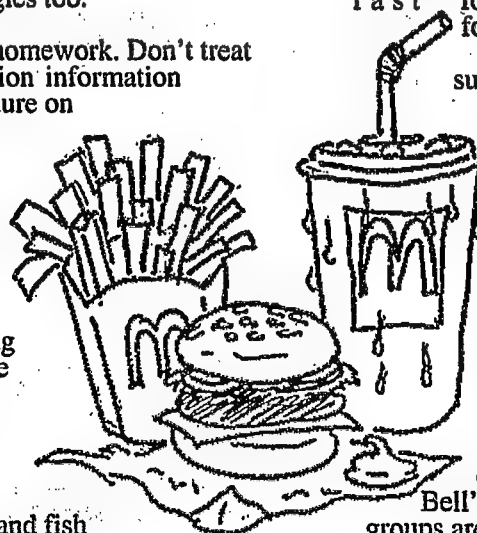
Fast Food Is Flexible

Even fast food can fit into a well-balanced diet with a little planning. Here's are some tips:

- Follow a fast food lunch with a low-fat dinner. Basically, look at the overall balance of your diet.
- There is variety in fast food too. Venture from burgers and try Mexican or Chinese.
- Find a happy medium. Rather than eating fries everyday throw a banana in the car and have that instead. Incorporate fruits and veggies wherever you can.
- Use grocery store delis as a fast food option. Lots of prepackaged meals can be found there without the fries.
- Opt for skim milk or a milkshake.
- Be an assertive customer. Request modifications. Ask if the chicken in the "crispy" chicken salad can be grilled

instead of fried. Look for lower-fat substitutions. Hold the mayonnaise. Use fat-free salad dressing.

- Choose wheat bread for your sub. Load it with veggies too.
- Do your homework. Don't treat the posted nutrition information like that new picture on your mother's wall you haven't noticed yet.
- Watch out for "all-you-can eat" buffets. Rather than eating all you can, strive for creating a balanced, nutritious meal with lots of variety.
- Chicken and fish are lower in fat than beef.



No Need For Food To Empty Wallet

The decision between fried chicken and grilled chicken often depends on what is in the wallet. At fast food restaurants, fat-laden foods are often the cheapest.

"It's very economical to super-size," Watson said.

However, this is not advised. A Big Mac, large fry and 16 ounce soda at McDonald's adds up to 1,160 calories and 54 grams of fat.

If you are on a tight budget, shopping at the grocery store is probably your best bet. Buy in bulk and bring your lunch.

But if you are on the run and need a snack look for nutrient dense, economical options, such as Taco

Bell's Bean Burrito. Four food groups are covered for just \$.69. "I really do believe that finances have a big impact on what people buy," Watson said. "At some point you have to decide whether or not your diet is worth it."

Shopping List...

2 bagels
1 lb. carrots
8 bananas
1 doz. eggs
1 qt. milk
1 can tuna
1 lb. rice
1 can Spaghetti-O's
1 box mac & cheese
10 cups popcorn
2 lg. potatoes (bake 'em)
15 slices wheat bread
2 yogurts
8 slices cheese

Students put a lot into vending machines, but don't get much back, nutrition wise. Just empty calories for the most part. A can of Pepsi contains 150 calories from sugar. Since the average person requires about 2000 to 2500 calories per day, three

Cut Costs, Calories: Divorce Vending Machines



photo illustration by Steve Houlton, photo editor

Many students snack at vending machines between classes, however, they may be sacrificing nutrition and finances.

or four cans of pop can take care of about one-fourth that requirement.

However, pop does not constitute a meal. It is usually seen as something

additional, which means that it is also additional for your body.

Simple transactions at the pop machine really add up and it doesn't get

The grocery store can beat the vending machine in variety when it comes to slim wallets. Each item on the Shopping List is the same price as one package of doughnuts from the vending machine.

much better at the neighboring candy machines.




If you are close to half a dozen cans of pop a day, you are sucking down almost one semester's worth of tuition each year.

Try to get some nutrients in exchange for your hard earned

money.

Look for juices, granola bars, peanuts or better yet bring your own snack.

How Much Pop Do You Drink?

Cans of pop per day	Calories per year	Pounds per year	cost per year
	54,750	15	\$182.50
	109,500	30	\$547.50
	273,750	76	\$912.50

Bulking Up A Concern For Lifters

Fear of bulking up in the weight room may lure some women to the stairmaster, while men, on the other hand, may lift for hours to achieve a big and buff physique.

Expectations either way are unrealistic, said Kris Berg, exercise scientist at UNO.

"Most people, number one, don't bulk up," Berg said. "If lifting weights were like a magic wand, most guys in town would walk around looking Herculean in physique, and it's not that easy."

Many women have the perception that lifting weights will cause an undesirable increase in size. However, building muscle takes a lot of time and work, and with the genetic factor limiting the growth of muscles, most women don't have to worry about bulking up, Berg said. Men are faced with these limitations as well.

"A lot of times women are told to lift

one way which is a bunch of bologna," Berg said. "Their trainers say 'don't lift heavy weights, just do some toning,'" Berg said, "as if they would damage the muscle."

Berg said, gender really has nothing to do with it. "If I was teaching a weight training class I would make no difference in routines for guys and gals," Berg said. However, the point at which people begin may vary.

The degree to which people respond varies as well. Some people are high responders and others are low responders to a given type of training.

Failure to see physique transformation can be frustrating for both men and women. However, weight training does more than improve physical appearance, it's good for overall physical health.

The drop in metabolic rate due to

muscle loss as people age is inevitable. However, weight training will help to keep the metabolic rate up and fight the "battle of the bulge," Berg said.

"Lifting weights is the number one way for women particularly to increase bone density," Berg said. Women who are told just to "tone" will not tax the muscle and the bone enough. "The increase in bone mass is going to be blunted by taking that sort of toning approach," Berg said.

An increase in stamina, strength as well as injury prevention are other advantages of weight training.

"Ten years ago I think we looked at it as something mostly for the guys on the football team or something," Berg said. But today, both men and women of all ages are pumping iron for benefits other than bulking.

Six Simple Exercises Is All It Takes

Spending hours in the weight room is not necessary if your objective is to simply improve your overall physical health.

An increase in muscle size, strength and a metabolism boost can be achieved by lifting weights for fifteen minutes twice a week.

"Working each individual muscle is an inefficient way to lift weights," said Kris Berg, exercise science professor at UNO. He said the trick is to pick exercises that work many joints and muscles all in the same movement.

Berg demonstrated six simple exercises on equipment in the HPER weight room and explained which muscles groups each of the exercises worked. "We're stimulating the big main

muscles of the body," Berg said.

These exercises work antagonistic muscle groups, or muscles on both sides of the body. For those people who only work muscles on one side of the body, it's quite possible to alter posture, Berg said. The classic case is seen in "bench-pressing addicts," who wind up having hunched over shoulders because muscles in their chest are shortened.

All the reps, sets and rests can be confusing. Berg said that the first set, a warm-up set, should be followed by a second set in which the weight is increased 50 to 60 percent. Muscles need to rest about 60 to 90 seconds between sets.

To save time, Berg suggests doing a warm-up set on the bench press followed by a

warm-up on the lat row. The muscles worked on the bench press will have time to rest while different muscles are being worked on the lat row. The muscles will be warm and able to lift a heavier load.

Beginners should not strain themselves. Berg said to start out doing 12 to 15 repetitions with a light load to learn proper technique and minimize muscle soreness. As you gradually increase the weight, the number of repetitions will decrease. It's time to increase the load when you can complete 8 to 12 repetitions without strenuous exertion.

If the load is too heavy, the risk of injury goes up tremendously. "If you can do 10 pounds more, it really doesn't matter," Berg said.

Other important things to

keep in mind include:

- Keep motions slow and controlled.
- No fancy breathing techniques are required, just inhale and exhale.
- Keep the back straight and abdominal muscles tight when doing lifts to protect the back.

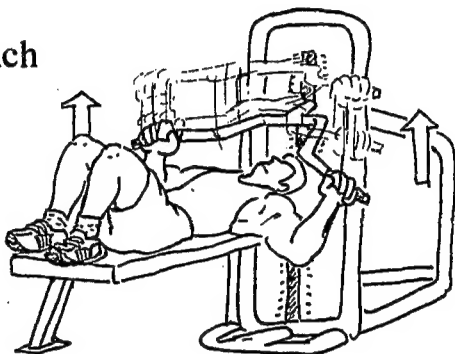
"I would advise people to take a class or see a personal trainer or someone who could give them the proper guidelines," Berg said.

Doing these six exercises 30 minutes a week isn't going to result in an appearance change as dramatic as someone who spends six hours lifting weights, but it will improve your overall physical health.

Exercise: Bench Press

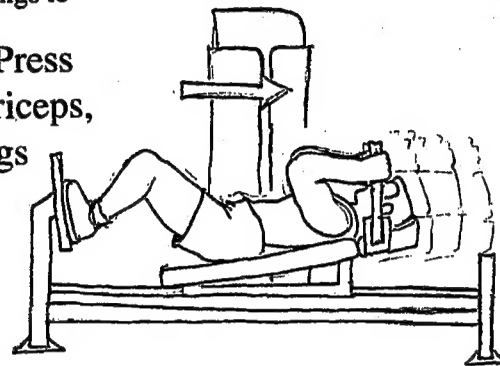
Muscles:

triceps, deltoids and pectorals



Exercise: Leg Press

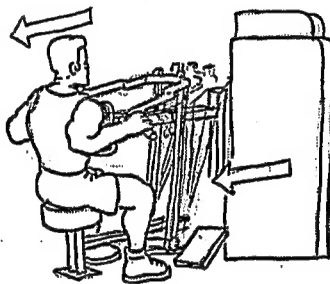
Muscles: quadriceps, upper hamstrings and gluteus maximus



Exercise: Lat Row

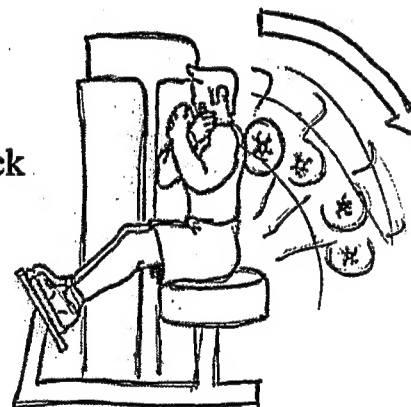
Muscles:

lats and upper-back muscles



Exercise: Lower-Back Extension

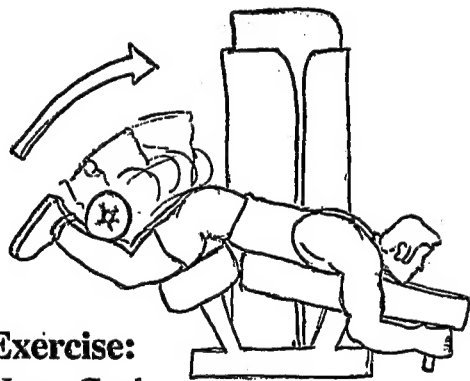
Muscles: lower back



Exercise: Knee Curl

Muscles:

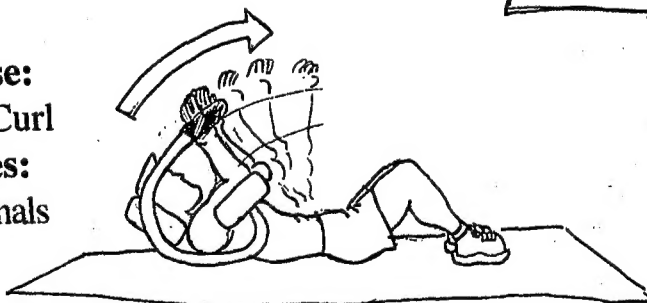
Lower Hamstrings



Exercise: Trunk Curl

Muscles:

abdominals



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Blair Exercises Body, Mind And Soul

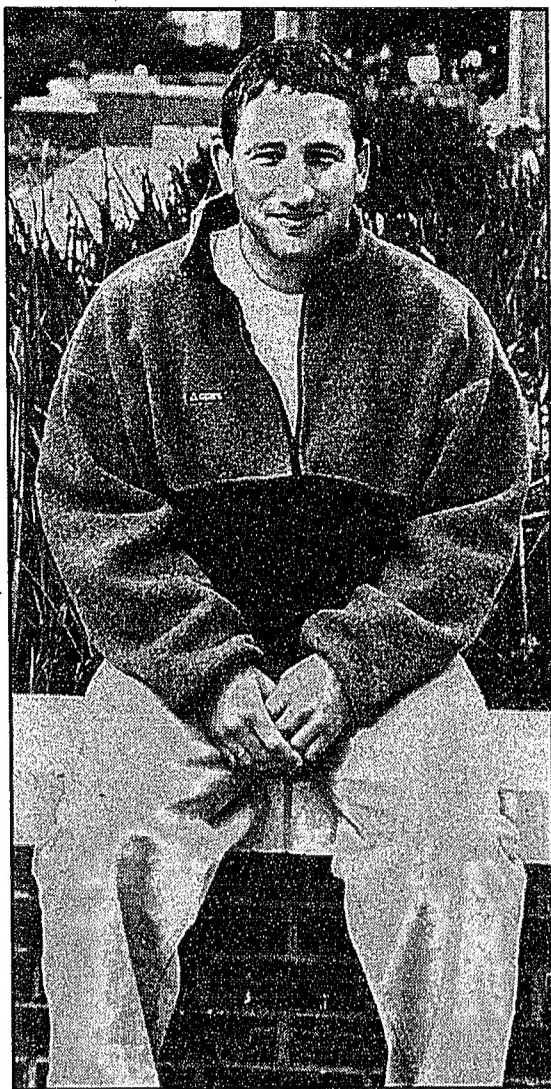


photo by Caron Smith, staff photographer

No one leads a lifestyle that is perfect. But Chris Blair, UNO special education and health education major and member of the UNO wrestling team, comes close.

He eats an optimal diet. Rather than eating fast food, red meat and drinking pop, Blair prefers chicken, pasta, lots of fruits,

vegetables, and pineapple juice.

With both sports and school, can he manage stress?

"I meditate all the time with prayer, visualization and music," he said.

Blair is an athlete, but he has an artistic side as well.

Drawing and painting are therapies he uses to manage stress.

"I love to sleep." He gets at least eight to nine hours each night.

Smoking and drinking are things that Blair has never experienced. "I had a lot of friends when I was growing up who did drugs and alcohol and I saw how it affected and ruined their lives," Blair said. "So I just made a strong commitment at a young age that I was never going to do that."

His daily exercise regime consists of an hour long jog or swim in the morning followed by a three to four hour afternoon weight lifting and wrestling workout.

And yes, he brushes and flosses his teeth daily and always wears his seat belt.

Are you convinced?

If so, you are probably wondering where he gets his motivation.

It's spiritual for Blair.

"My body is a temple of Christ and

I don't want to pollute it. I really want to glorify His name with my body and talents so I want to keep it pure, healthy, and strong."

Blair believes bodies are made to work or breakdown, but not to be ruined. "People destroy their bodies like they are nothing." If people try to stop smoking "you'll be different, believe me."

It's not just physical health that is important to Blair; it's his entire person: body, mind and soul. He feels that people will stay healthy if their lives are enriched in each of these areas.

"Love is probably my greatest stress reliever," Blair said. "The more you give to others, the less you have to worry about yourself."

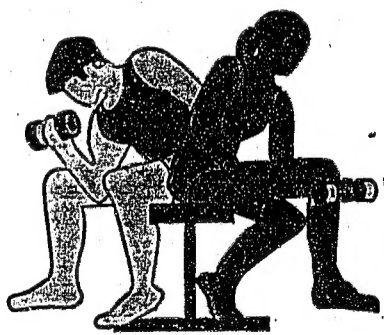
Blair is happy with who he is and said "everybody has their own beautiful talents and unique gifts." So be yourself.

"Take a chance and break away from the crowd," Blair said. He feels many people at parties don't want to smoke or drink, but true friends should love you for who you are. "It's hard, it's a commitment, but saying no to drugs and alcohol, exercising, and making the right decisions will all pay off in the end—you'll become a better person."

Blair's advice to students is to live each day to the fullest—healthfully.

Blair's Motivational Remarks

- "If you need to get moving in the morning, a five minute sprint will wake you up"
- "You have to live in the moment."
- "If you really want to stand out and make a mark in life be yourself, because you are the most unique person there is."
- "If you take care of your body, it's going to take care of you."
- "If you are physically fit, mentally fit, socially fit, and spiritually fit, I think your life will be fit."



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Nicotine Weakens Immune Defenses

The immune system constantly fights bacteria, fungi, parasites and viruses thriving in the mouth, but tobacco chewers may lose this defense.

Tom Petro, Ph.D., associate professor of oral biology at the University of Nebraska Medical Center's College of Dentistry, said smokeless tobacco products, particularly snuff, can disrupt the action of the immune system.

In a study, Petro exposed mice lymphocytes (white blood cells) to nicotine and found that an important set of cytokines were not made. Cytokines are the communication molecules of the immune system. When this set of cytokines was absent, he found that the production of macrophages, which are cells that engulf and digest bacteria, decreased. As a result, bacteria proliferates and causes inflammation along the gum line.

"All this makes sense to what we have been seeing in the clinical setting," Petro said. Smokeless tobacco users are at an increased risk for developing periodontal disease, because they can't control inflammation and infection in the mouth.

Cytokines that are responsible for controlling oral cancer cells are also depressed with nicotine, Petro said. As cancer cells multiply, oral lesions form, and if the cancer spreads, the jaw may have to be removed. Only one-half of patients survive more than five years after being diagnosed with oral cancer.

Smokers face the same situation. They are at an increased susceptibility for developing an infection, cancer, as well as chronic lung problems, such as asthma and emphysema.

"People have to realize that the chemical agents in tobacco are communicating to the cells of the immune systems," Petro said. These chemicals disrupt the cytokines and force the immune system in the wrong direction.

The use of tobacco products cancels out all positive things people are trying to do for themselves, like exercise, eating healthy and taking vitamins, Petro said. Petro advised not to use tobacco if you want a good immune system and would like to live a long time.

Exercise Can Fit Into Busy Schedule

The new recommendation from the Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine calls for 30 minutes of moderate-intensity activity every day. This differs from previous guidelines that emphasized vigorous activity.

These recommendations have arisen from a greater understanding of the health benefits people can reap from exercise. Benefits include a reduced risk of early death, coronary heart disease, hypertension, colon cancer and diabetes, according to the CDC.

Recent studies have also suggested that the health benefits of acquiring the 30 minutes from three 10-minute intervals throughout the day and getting it done in one shot are similar.

"That has been totally misinterpreted," said Nicholas Stergiou, exercise science professor at UNO. He said these guidelines are trying to get inactive people moving and thirty minutes should be the bare minimum. "Do everything that you can to expend calories,"

Stergiou said.

Finding the time to exercise is not always easy, but there are ways to incorporate activity into your daily routine.

As long as it's not twenty degrees below zero, the walk from Durham to Arts & Sciences is beneficial. According to calculations made by Deloma Cammarata at Facilities Management, this stretch is .36 miles. Walking briskly it takes about five to six minutes to complete. Schedule classes far apart, park on the opposite side of campus or better yet "park at Aksarben and walk," Stergiou said.

Need a study break? Walk or jog 1.6 miles around UNO's campus.

Stergiou also suggested taking the stairs whenever possible and walk to the farthest restroom in the building. Even household activities like gardening and walking the dog are beneficial, he said.

Students can also take advantage of the facilities and classes offered at Health, Physical, Education and Recreation (HPER).